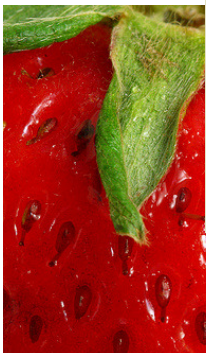


AMH Site-Wide Nutrition Challenge



Objective:

The purpose of the AMH Nutrition Challenge is to encourage Hanford employees to become aware of their nutritional choices, portion sizes, and eating for overall health. Participants in the challenge will receive points for consuming their daily dietary fiber, fruits, vegetables, water, and limiting their daily consumption of saturated fats.

Participants can also earn 1-time points for the following:

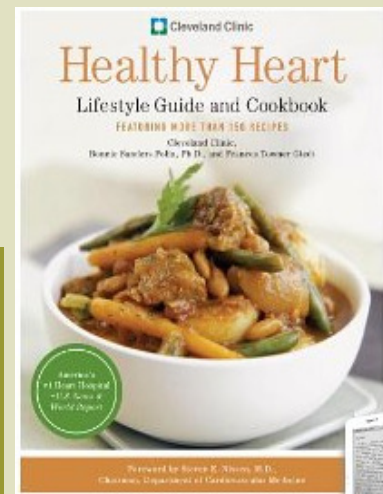
- 5 points for visiting our online meal analyzer (http://www.hanford.gov/amh/Nutrition/sub_meal.html)
- 5 points for looking up the calorie information of 5 foods at www.calorieking.com
- 15 points for printing your caloric needs by using the Nutrition and Exercise Tracker located inside the [AMH Health Challenge Tracker](#) on the right side of your dashboard.

Earn Points for:	Point Value
Fiber-25 grams per day	1
Fruit-2 servings per day	1
Vegetables-5 servings per day	1
Water-64 oz per day	1
Saturated Fat-Less than 15 grams per day	1
Visit AMH Meal Analyzer at the AMH website	5
Look up calorie information on 5 food items at www.calorieking.com	5
Print your daily caloric needs using the Nutrition and Exercise Tracker (located inside the AMH Challenge Tracker on the right side of your dashboard)	15

The Game Plan:

Enter your points each day on the [AMH Challenge Tracker](#) or print out a hardcopy form available for those without computer access. Hardcopy form is attached. Hardcopy forms can be mailed to AMH upon completion of the challenge to MSIN: G3-70. Forms must be received by May 6, 2010 for participants to be eligible for prize drawings.

All participants who earn a minimum of 90 points will be entered into our prize drawings. We will be giving away 20 **Healthy Heart Cookbooks**



Individual Health Coaching Appointments are available to anyone who would like more personalized information or education on their nutrition. For questions or to set up a Health Coaching Appointment, contact the Health Education Department at 376-3939 (obtain manager's approval to participate).



April 5th-29th, 2010

AMH Site-Wide Nutrition Challenge

Hard Copy Form

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	Total Challenge Points: <hr/>	

Earn Points for:	Point Value
Fiber-25 grams per day	1
Fruit-2 servings per day	1
Vegetables-5 servings per day	1
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Saturated Fat-Less than 15 grams per day	1
Visit AMH Meal Analyzer at the AMH website	5
Look up calorie information on 5 food items at www.calorieking.com	5
Print your daily caloric needs using the Nutrition and Exercise Tracker (located inside the AMH Challenge Tracker on the right side of your dashboard)	15



Hard copy forms can be submitted to AMH at **MSIN: G3-70**.
Forms must be received by **May 6, 2010** to be eligible for a prize.

{Please contact AMH Health Education Services at **376-3939** or **ahew@rl.gov** for questions.}